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Champs!

Submitted by the London Lightning

The London Lightning became 2022 National Basketball League of Canada champions this spring after defeating the Kitchener-Waterloo Titans three games to none in the Best-of-Five finals.

After nearly two years away from Budweiser Gardens, the Lightning started the 2022 season with a record-tying 11-game winning streak on their way to an impressive 20-4 regular season record (which included setting an NBL Canada record by going a perfect 12-0 at home).

The Lightning started the 2022 campaign with high hopes of finishing what they started during the abruptly cancelled 2019-20 season. With only a small handful of players returning from that season, due to the late start in 2022, London featured the league's deepest 12-man roster, made up of players that could easily start on any other team in the league.

Despite going 20-4 during the regular season, not everything was always sunny for the Bolts. The team fell one game short of setting a league record for best start after losing on the road to the Albany Patroons of the US-based TBL, starter Chris Jones was suspended for the final six games of the regular season after an incident with a referee in Sudbury, and a slew of injuries left the Bolts suiting up as few as five players on a couple of occasions. In the face of it all, though, head coach Doug Plumb kept the team focused on their ultimate goal.

London has now won five of the NBL Canada's nine championships with hopes of their third back-to-back championships as they head into the 2022-23 season this winter. With the #DriveFor5 complete, the hunt for another championship begins.

www.lightningbasketball.ca

Lightning players celebrate their 2022 NBLC championship win in Kitchener after sweeping their best-of-five series against the Titans. Photo by Bruce Laing.

The London Lightning went undefeated on home court in 2022 en route to their fifth league title in franchise history. Photo by Don Rycrof.

London SportsXpress .ca

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London & Area Edition

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Special thanks to Byron Soccer for their cover photo.

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Club contending again with new talent

Contributions by London Majors and photos by Matt Hiscox Photography

It's a new-look lineup that Roop Chanderdat, Co-Owner, GM and Field Manager has put together for the 2022 season, even so the London Majors have resumed their winning ways from last year, when they brought the sports city alive by winning the city's first post-COVID championship. By the end of June, just over a third of the way through the 2022 season, the club held a 12-5 record, good for second place in the Intercounty Baseball League (IBL) standings, just a half-game behind the Welland Jackfish.

Some familiar faces certainly helped the team get out to a good start, including long-time veteran Cleveland Brownlee, 37, who turned back the clock and got off to a huge start, hitting safely in each of his first 15 games. At the time of this writing, in the final days of June, the slugger was batting an impressive .423 (second in the IBL) with a league-best seven home runs and 28 runs batted in.

Likewise, veteran Owen Boon was getting the job done on the mound, going 5-0 with a 3.19 ERA in his first six starts this season. His 45 strikeouts were third best among starting pitchers in the IBL.

But it was several new faces who contributed significantly to the Majors' winning ways early. That includes catcher Robert Mullen, an import player, who had exceeded all expectations and led the IBL in hitting with a .448 batting average by the end of June (knocking out seven home runs and collecting 21 RBIs by that time). Third baseman Taylor Wright had a .392 batting average, while local product Drew Lawrence was hitting .318 and another import player, Starling Joseph, was at .310.

Catcher Robert Mullen has been a force at the plate for the London Majors in 2022. By the end of June, he led the IBL in hitting with a .448 batting average.

On the mound, the difference-maker had been Jose Arias, a Santo Domino, Dominican Republic native, who was nearly unhittable in his first seven outings (six starts). By the end of June, the right-hander led the league with an elite 0.40 ERA in over 44 innings. He had a record of 5-0 (plus a save), and his 63 strikeouts were second-most in the IBL.

With plenty of baseball left, throughout July and August, and into the playoffs come September, there will be plenty of exciting baseball at Labatt Park as the Majors try to get back to the finals and perhaps win back-to-back titles. It's a new team, but that goal certainly remains.

www.londonmajors.com

Jose Arias was dominant in his first two months as a Major, posting a league-best 0.40 ERA in seven outings (six starts)

SportsXpress Network

July/August 2022

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Baseball history in our own backyard

Submitted by Tourism London

Did you know that London's Labatt Memorial Park is the world's oldest baseball grounds? It's true. With roots as far back as 1877, the baseball stadium was originally home to the London Tecumsehs. The park hosted bigtime games during the 'golden age' of baseball, and celebrated diversity within the game long before the colour barrier was broken in Major League Baseball.

Want to learn more? You can learn it all by participating in a Labatt Park Tour, which is back for a second year, courtesy of Tourism London.

"Many people aren't aware of the incredible history of Labatt Memorial Park, and we look forward to sharing these stories with Londoners and many others this summer," said Zanth Jarvis, the London's Director of Sport Tourism. "We believe this has the opportunity to become another key attraction for the city by providing a unique, memorable and educational experience."

Learn about the London Majors, London Tigers, and all the other teams that have called Labatt Park home over the years. There is something interesting for everyone to learn – not just fans of baseball. Guests will learn all about the role that the park has played – not only in the City of London, but in the game of baseball as a whole.

And don't forget to bring a ball and glove to play catch on the same field that baseball legends have played on, including Ty Cobb, Satchell Paige, Fergie Jenkins, Deion Sanders and Jeff Bagwell.

The tour concludes inside the original 1937 Roy MacKay Clubhouse, where guests will see artifacts and displays from the mid 20th century. The tours were originally formed through a partnership with the Canadian Baseball Hall of Fame and Museum and the Beachville District Museum to promote Southwestern Ontario as a destination for baseball heritage.

"Labatt Memorial Park is a gem in our city, and we're thrilled to be able to offer tours to showcase its incredible history," said Jon-Paul McGonigle, Division Manager, Culture, Special Events and Sport Services.

Are you ready to visit beautiful Labatt Memorial Park and learn more about its rich history? For more information, including booking tours and more, visit:

www.labattparktours.com

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Tour participants learn about the earliest days of baseball – and other events – at Labatt Park, right up to the present day, where the London Majors call the historic ballpark home (and where other ballclubs play throughout the summer).

On deck: All-Star game & festivities!

Submitted by London Mens Baseball League

Free! Yes, that's right. Free!

You never miss the word free. It jumps right off the page. However, free usually means buy this and get this free, or sign up for something and get something else free. There is always a 'catch,' in other words. Well, the LMBL is promising a catch, but we are also offering some running, probably some errors, lots of hits, and plenty of fun...

The LMBL will be hosting its inaugural All-Star event Saturday, August 6, a free baseball game to all those named to the All-Star roster. We are not just hosting a game, but a day of festivities, which will include other events for other LMBL players who want to test their skills: A base running competition, fastest pitch, and, of course, a Home Run Derby. You can't have an All-Star event without a Home Run Derby...

You don't need to play to have a great time. We will have music, a BBQ, some giveaways and prizes. Be sure to invite family and friends to the event for a great time.

If you had heard of the LMBL, or have but just weren't sure about joining, the All-Star event will be a great day to check it out. Get a chance to talk with players and see how much fun you can have on a Sunday during the summer. Who knows, you might meet a future teammate.

Our Inaugural All-Star event will take place at Dan Pulham Field on Saturday, August 6. The festivities will begin at 5pm. Be sure to bring your appetite for fun, food and, of course, baseball!

www.lmblbaseball.ca

The LMBL, an over-30 baseball league that combines healthy competition and a lot of fun, hosts its first All-Star game and festivities Saturday, August 6 at Dan Pulham Field.

Fun and fundamentals for Tincaps

Contributions by Graham Hegler and photo by xGen Photo

Boy, has it been fun to be back on the ball diamonds this summer. Just ask the London West Tincaps 11U team, which has been enjoying the great game of baseball while improving their skills throughout the summer.

Graham Hegler has had a front row seat. He's the coach of this Tincaps squad, and he's been impressed by what he's seen. For starters, it's a group that has shown versatility, with players being able to play various positions. Their defense has been strong, both in the infield and outfield. But the best part?

"This group of kids truly all get along and pull for each other," says Hegler. "The players have shown a keen willingness to learn and improve – with a level of enthusiasm that is contagious."

Besides having fun, which is the primary goal, Hegler says the team is focused on improving each player's 'baseball IQ,' building everyone's confidence, and having players improve at multiple positions on the diamond. There are some specific performance goals, too, like advancing to the OBA championships and showing well there. He'd like to see the team win a tournament, or the regular season, or the league playoffs. Perhaps most importantly, Hegler says, he'd like to see his players "continue to respect other players, coaches and umpires, and conduct ourselves properly – on and off the field."

Tincaps 11U team: Back row: Mark (Coach), Sawyer, Sam, Ryan, Dave (Coach), Hammer (Coach). Middle row: Ashton, Jack M., Jacob, Luke. Front row: Blake, Jack S., Declan, Leo, Wyatt.

Hegler is no stranger to coaching. He's been a golf instructor since 1996 (he's the head golf pro at the City of London's Thames Valley Golf Course), and he's coached boys and girls hockey for seven years. He coached T-Ball for two years with Oakridge house league, and he's now been with the London West Tincaps since 2019 (in his youth, he was an Oakridge ballplayer for 14 years).

So, what is the focus for the team's development the rest of the way?

"We want to get all players comfortable and confident in their pitching abilities, and we want to teach strong hitting technique and plate awareness," Hegler says. "Teaching the kids the many nuances of the game and applying their skills to in-game situations is also a priority.

"We're trying to build a winning culture and attitude, and we're also striving to be the best people we can be – in all team and individual successes and defeats."

www.tincaps.ca

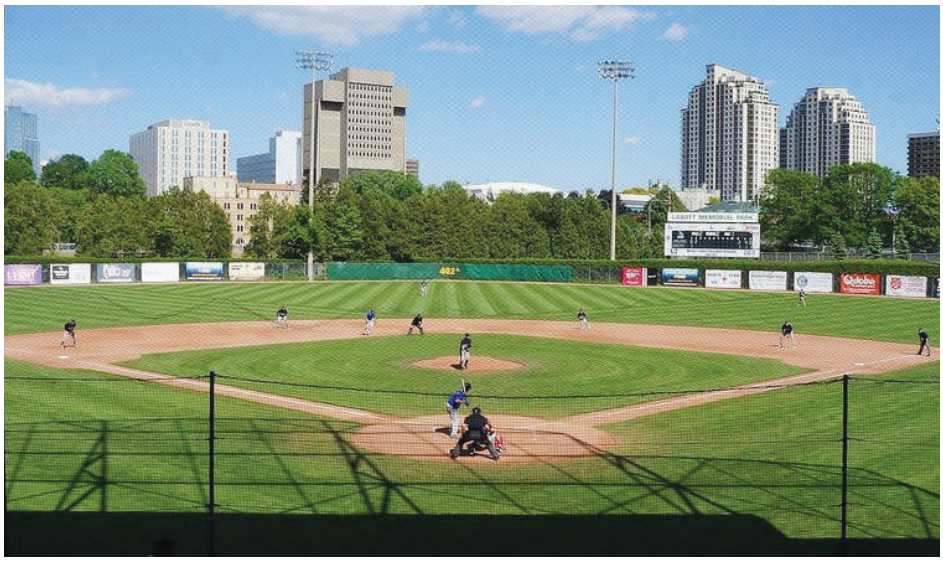
Take me out to the ballgame!

EBBA Eager Beaver Baseball Association

Submitted by Eager Beaver Baseball Association

Our annual Colman Day at Labatt Park, in honor of Frank Colman, is the highlight of July, and there is nothing better than the smell of hotdogs and popcorn to go along with some awesome baseball!

Colman Day, held this year July 23, is the day of all-star games and dreams coming true playing like a pro. It's an opportunity for the All-Stars of both on and off the field to play at the historic Labatt Memorial Park. The day starts off with our T-Ballers showing off the skills they've learned this season. And the exciting day continues with each of the divisions playing an all-star game.



Colman Day, held this year July 23, provides young EBBA ballplayers the opportunity to play at beautiful (and historic) Labatt Park.

The players selected for these games are chosen by their teammates and coaches. They're players that have shown commitment and a love of the sport, as well as sportsmanship and improvement during the early summer months. Come out and join us in celebrating these kids and our love of baseball!

Colman Day: July 23, 2022 at Labatt Park. For more information on the annual event and all things Eager Beaver Baseball, please visit www.ebba.ca.

www.ebba.ca

Karate can keep you strong, sharp

By Bruce Fletcher, for Steel Dragon Karate

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We are offering a summer special: Three months of training for the price of two months. This includes a complimentary gi (karate outfit). If you are unsure about trying out karate, we offer one free lesson to see if it fits what you are looking for. Please call prior to your free visit so that we know you are coming.

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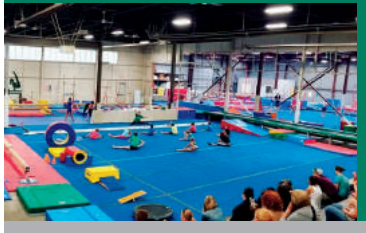


Celebrating 25 years!

By Richelle Hirlehey for Dance Extreme

In 1997, Miss Rebecca Brettingham-Filice, owner and Artistic Director of Dance Extreme Inc., had a dream. After teaching dance for many years and while studying Political Science at Western University, Miss Rebecca had a vision that started small and has only grown since. With the undying support of her parents, Bernice and John Brettingham, at the age of 21 Rebecca began teaching her own dance classes in St. Thomas at the Public Library and Dorchester Community Centre during the evenings while working a full-time day job. This was the inception of what we have come to know as Dance Extreme.

In 1998, Dance Extreme Inc. found its home, complete with two studios, 3,500 sq ft, at 312 Commissioners Road West with 300 dancers. Throughout the first 19 years, Dance Extreme remained on Commissioners Road, but the physical studio space changed its design many times, growing with the dancers and the needs of the studio over time. The past 25 years have been filled with amazing studio accomplishments – from dancing at local London festivals, London Knights hockey games, London Lightning basketball games, Nuit Blanche, the London Fringe Festival and more, to in 2011 when Dance Extreme performed the biggest Flash Mob over the course of the Ribfest weekend.

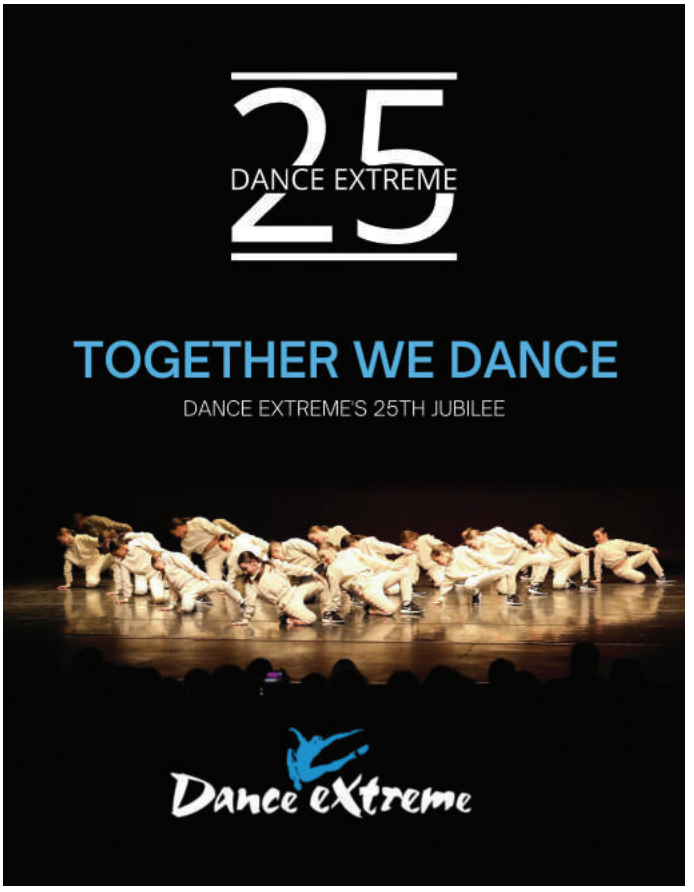
Most notably, in 2012, dancers, teachers and parents spent a year preparing for the trip of a lifetime to the Summer Olympic Games in London, England. Through the amazing efforts of parents, faculty and Miss Rebecca, we prepared for a week spent dancing throughout London at Olympic events and even at Olympic Park. Led by KCI Concerts, dancers and teachers toured London, England sights, attended Olympic events, and performed a total of five times. All of these events took place to offer our dancers performance opportunities and a way to connect and give back to the larger community.

In 2018, Miss Rebecca's Dance Extreme moved to its present location. It took many years of planning a move as large as it was – and turning a former Home Hardware store into the Dance Extreme as it stands presently. Brettingham-Filice, with the support of her talented faculty and staff, have built many programs over the past 25 years. From 2013 to 2018, DX Triple Threat, our musical theatre performance group, enjoyed a successful run. In 2016, Barefoot Creative Dance Company was offered to provide dancers an opportunity to perform in a contemporary dance company. In 2018, we began our Performance Team.

Dance Extreme has offered countless numbers of dancers the opportunity to learn dance and, more importantly, learn skills they will carry with them for a lifetime. These opportunities would not be possible without the dedication and passion of Miss Rebecca and her extraordinary vision.

As a young adult, Miss Rebecca would never have imagined celebrating 25 years. But this past June's recital was a culmination and celebration of her incredible achievements as the owner and Artistic Director of Dance Extreme. It has been said that 'It is the size of one's will which determines success.' Brettingham-Filice's success is driven by her will and visionary thinking. Congratulations, Dance Extreme, on 25 years!

www.danceextreme.com



Richelle Hirlehey and Ella Hirlehey during dance class.

Studio Owner Rebecca Brettingham-Filice guides and instructs some of Dance Extreme's students.

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Taking it Next Level...

sportsfiles bgc London

Submitted by BGC London

It was created with the intention of offering all youth, regardless of skills or experience, the opportunity to practice their sport. And it has launched this summer! Next Level Sports (NLS), a program within BGC London, is breaking down barriers between youth and high-quality sports training.

"We're looking to fill the gap between recreational sports and competitive sports," says Erin Carter, who co-founded NLS along with Arden McClean. "London has a history of being an incredibly strong sports city, and the competition to be involved in these sports has only increased. With limited resources, youth often get cut from programs and do not have the opportunity to continue their sport. We hope that NLS can be that opportunity."

Next Level Sports is piloting two programs this summer: Level Up Camps and Train to Win Clinics. The Camps, held in July and August, are geared towards upper elementary youth, and they'll provide kids with the chance to explore sports like volleyball, basketball and soccer through structured programming with the experienced NLS coaching staff.

The Clinics, meanwhile, will be offered to high school students for the chance to get ready for high school sports. NLS has partnered with Fanshawe Athletics and the Western Mustangs, and the clinics will be supported by Fanshawe and Western coaches and athletes through programming and various guest appearances.

"Our summer programming will be supported by experienced coaches, and NLS will provide consistent, structured programming," says Carter. "This will allow youth to track their progress and increase their confidence – both on and off the court.

"Our goal is to involve student-athletes long-term in our programs and develop them into strong community leaders, and well-rounded athletes."

www.bgclondon.ca

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Movin' on up!

Submitted by London TFC Academy

A great opportunity for 2011-born Kingston, who was invited to Kansas to participate in a tournament with Toronto FC Academy. Kingston met up with former LTFC player Tariq, who moved to Toronto last fall. Congratulations to both players on your continued success and development!

www.fclondonacademy.ca

Kingston earned a trip to Kansas to compete with Toronto FC Academy in a tournament south of the border.

Peak performance on the pitch!

Submitted by FC LONDON

A HUGE congratulations to 2006-born Roslyn Boundy, who played in her first League1 match against Pickering FC – and earned the win! Roslyn came up from our academy's OPDL group, then moved on to FC London's League1 Reserves and has now seen action with the top team. She earned a clean sheet in a 1-0 win to help the women continue their strong play in 2022 (through 12 matches, the women's team sat in first place in the standings with a record of 10-1-1).

Congratulations to our FC London Women!

www.fclondon.ca

Congratulations to our FC London Women!

Roslyn Boundy, 16, earned a win in her League1 debut with FC London's women's team, who sat in first place in the standings through late June.

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20 OCT
WOMENS DIV 1, REC 101, MASTERS & MENS DIV 1
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22 OCT
WOMENS WKD REC 101
SATURDAY NIGHTS | 5:00 PM
23 OCT
WOMENS PREMIER, WKD MASTERS & MENS PREMIER
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Friends get a kick out of soccer

Contributions by Greg Matthison

Kate Matthison came home from school one day and proclaimed that she and her friends wanted to play soccer this summer. Her dad was a bit shocked – and more than a little skeptical. He'd tried to get his daughter interested in soccer a few times, as his son had played the game competitively for years. But it hadn't been for her. But now?

"I got her and a bunch of friends to join the 'She's got Goals' indoor program with Nor'West Soccer to see if they were really interested, and the girls really liked it," said Greg Matthison. "Now, they're playing Byron Soccer for the summer, and it's been a great experience."

That goes for the kids and Greg alike, who signed up to be the coach of Kate's U8 team. The league they play in has four Byron teams, and they play each other on Saturdays – with a weekly practice on Thursday nights. The girls have learned a lot. So, too, has Greg.

"After coaching competitive boys soccer for many years, I've found that some girls experience the game differently. Boys soccer is really focused on development and the technical side of the game. The girls enjoy learning about the game, and they enjoy the social element," says Greg, who has coached for eight years and continues to play the game himself at the masters level. "I have learned a lot as a coach, including that sometimes to keep their attention, letting them do cartwheels and handstands goes a long way," he said with a laugh.

Greg, who is a past board member of the Elgin Middlesex District Soccer League and has managed multiple men's masters team for a decade, is impressed with the Byron Soccer program, and he thinks it's been a great experience for everyone.

"Practice plans are provided, which is great, and the fields are always set up for games and practices ahead of time. It's also a great location. It's been a lot of fun."

www.byronsoccer.ca

Audrey, Liv, Piper, Coach Greg, Kate, Annie, Jordan, Veronica

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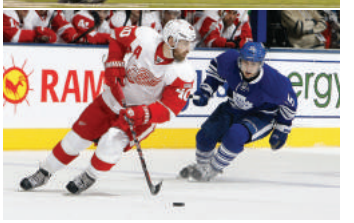

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LONDON BLUE DEVILS LACROSSE NEWS

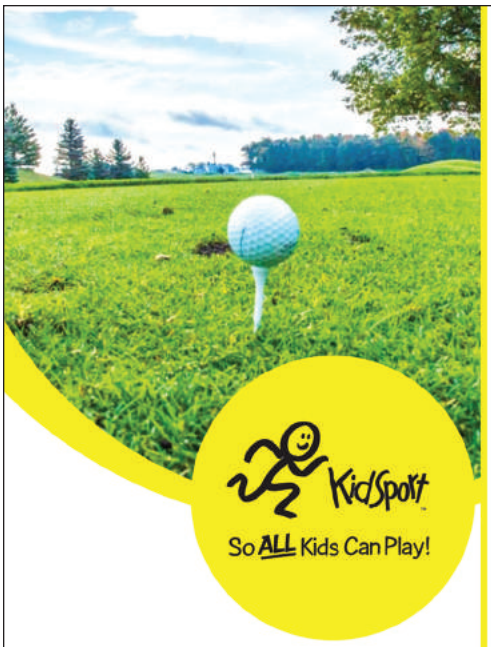
LACROSSE SEASON IS UNDERWAY

We've had a great season of lacrosse at the LMLA this year, with several tournament wins under our belt and some London players making the Team Ontario team.

Some of the season's highlights so far include **Daxtyn Brown** making the Team Ontario U15 Field Lacrosse team, **Tyler Martin** making the Team Ontario U13 Box team, and **Kaden Kublinskas** making the Team Ontario box team. Our fi eld lacrosse teams also saw some success, with several teams winning the Ontario Field Lacrosse League and some great tournament wins throughout Ontario box lacrosse.

However, the season isn't over yet! We sti ll have provincials, regular-season games, and a few tournaments left, so stay tuned to the socials and remember, lacrosse is Canada's official summer sport!

www.londonlacrosse.com



JIM ALLEN MEMORIAL GOLF TOURNAMENT

Tournament Info

The Jim Allen Memorial Golf Tournament was established in 2014 as a way to continue the passionate work Jim did with the London Sports Council & KidSport London.

Each year we aim to raise as much money as possible to help get as many kids involved in sport each year.

Our last tournament we raised just over $15,000 which was used to support over 250 youth in the London community with the costs associated with minor sports involvement. All kids deserve an opportunity to get involved!

HELP US PUT KIDS IN SPORT

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in London can play a season of sport.

Our chapter accepts applications and administers grants of up to $250 per child/year, for kids who live in London, or in one of the other communities we serve.

Contact: Bill Smith
519.438.7203 ext. 370
Bill-lsc@westernfairdistrict.com

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Help fill the Bus!

Submitted by YMCA of Southwestern Ontario

Summer is here, and at the YMCA of Southwestern Ontario we believe it's time to get off screens, explore, create and be silly! It's time to make new friends and discover new interests. It's time for Camp!

Not all families are able to provide this opportunity for their children, due to financial limitations. The Y's annual Fill The Bus CAMPaign supports its financial subsidy program to ensure that everyone can go to camp, regardless of their financial circumstances. The Y is a place where everyone belongs. Y donors and friends in the community make this possible!

Did you know ... Every $150 raised provides a week-long day camp experience for a child in need in your community? It's true! You can help send a child to camp for an experience they'll remember forever!

Learn more: www.ymcaswo.ca/donate-now

www.ymcaswo.ca

No screens in summer! It's time for camp at the YMCA, which seeks to provide the opportunity for all kids to get the camp experience, regardless of their family's financial circumstances.

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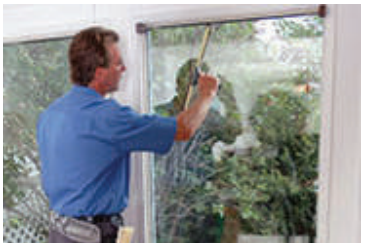

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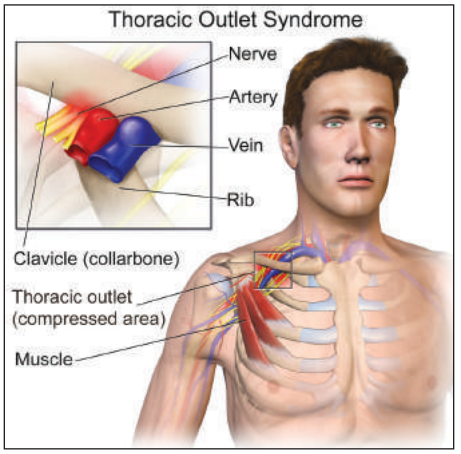
Injuries from the mouse...

By Gwen MacLean for Living Balance Clinic

Using a mouse for our jobs is commonplace now. Many of us have – or will have – injuries due to our mousing. I, myself, struggled with this exact issue when I had a desk job years ago. I switched my mouse to a joystick type, which did seem to alleviate it. Luckily, I can share with you some strategies to prevent this injury...



Yes, we can experience injury and discomfort from 'mousing' at our desk jobs. How to alleviate the problem? Read on...

The first thing we need to think about is our positioning when sitting at our desk. We need to sit upright on the front edge of our sitting bones with a straight back with the natural low back or lumbar curve. This position will help keep our shoulders from rounding forward and creating a restriction or pinching in the area where the collarbone and rib cage meet.

There is a nerve bundle called the brachial plexus in this area that runs from the neck, under the collarbone, and down the arm. We need to keep this area open so the nerves running to the arm and hand can work freely. Sometimes people will also get a numbness and tingling in the arms or hands which possibly could be created due to a compression of this nerve bundle.

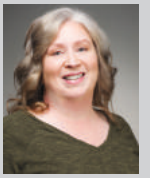
After making sure that we are sitting in an upright position while we are mousing, we can also think about the pressure we are using to do our mousing. We do not need to use a lot of force to hold the mouse, which we often do. The next time you are working, think about lightening your touch on the mouse, which should free up the tension in your hands, arms and front shoulder area.

Here is a stretch for your shoulder, arm and hand that can help prevent possible issues and help you through a current issue...

You want to stand sideways to a wall, 2 feet away from it. Place your hand on the wall so the heel of your hand is level with your armpit and your elbow is slightly bent (as shown in the picture). Next, spread your fingers wide and allow every inch of your skin of the fingers and palm to touch the wall. Allow your elbow to drop towards the floor and think about the back of your armpit moving towards the front of your armpit.

In this position, you may feel a burning sensation in your arm and an openness in your collarbone area. Breathe gently for 3 slow breaths, keeping your fingers flat against the wall. After 3 breaths, release the arm and feel the difference. You can practice this several times a day working up to 8 gentle breaths.

www.livingbalanceclinic.ca



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First Down Camp a first for London

Submitted by London Minor Football Association

This summer, for the first time in London, the London Minor Football Association (LMFA), alongside the London Beefeaters and London Junior Mustangs, hosted a Football Canada First Down camp for players aged 7 and under.

Gearing up at First Down Camp!

Thirty-five girls and boys were introduced to both football and athletic skills in a fun and fast-paced one-hour camp at Western Alumni Stadium during the month of May. Players got to throw, catch, kick, and wrap up a tackling bag. The London football community was there to support and encourage these young players in trying something new. Look for this program to continue and grow in 2023.

As we have since 1958, the London Minor Football Association will take the field this fall with 24 teams competing across three age divisions. This is the perfect place to start playing tackle football and prepare for high school football.

Our focus is on sportsmanship, teamwork and staying active. Our mission is not only to prepare players for high school football, but to make football fans for life. All our games are played on the turf fields at Citywide Park in London or 1Password Park in St. Thomas. The season runs from mid-August pre-season practices to the championships in November.

Please visit www.lmfafootball.ca or call 519-852-4465 for more information on the 2022 season and our winter camps.

www.lmfafootball.ca

Coach Connor DePodesta shares his knowledge with young players

Week Two action at First Down Camp at Western Alumni Stadium

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Vanier Cup coming to London

Submitted by the Western Mustangs

The 2022 U SPORTS Vanier Cup will be played at Western Alumni Stadium in November 2022, as London and Wester University will host the national championship football game for the first time.

"It's just wonderful to be hosting the Vanier Cup," said Western University President Alan Shepard. "We're excited for the opportunity to celebrate Western's proud football tradition, showcase all the great things our university and city have to offer, and welcome fans from near and far to the newly renovated Western Alumni Stadium."

The 2022 Vanier Cup partnership is an extension of a collaboration between U SPORTS, Western University, and The City of London that will also see the City host the 2023 FISU World University Rowing Championships next July.

"U SPORTS is thrilled to partner with the City of London, Tourism London and Western University to present this 57th edition of the Vanier Cup," said Lisette Johnson-Stapley, U SPORTS Chief Sport Officer. "London and Western offer the participating teams and fans outstanding accommodations, restaurants and sports facilities. We know guests travelling to the 2022 Vanier Cup will have a memorable experience, and we can't wait for kickoff on Nov. 26!"

"Hosting the Vanier Cup is a proud moment for Western and the Western Mustangs, but also a recognition of the incredible support we receive from our Mustangs Alumni, the London Beefeaters, the Junior Mustangs, our sponsors, and the London community," said Christine Stapleton, Director of Sports & Recreation at Western. "Partnering with U SPORTS and Tourism London, we will all work together to make this a fantastic event for our entire community."

The Mustangs Football team is coming off a 2021 season where they returned to action after the pandemic and won the 56th Vanier Cup, defeating the Saskatchewan Huskies 27-21 in Quebec City last December.

"Hosting an event of this calibre continues to highlight London as a premier sport hosting destination in Canada while also providing a significant economic impact to our community," said Zanth Jarvis, Director of Sport Tourism with Tourism London. "We look forward to showcasing London's history and passion for football as we welcome fans for the 2022 Vanier Cup."

Said long-time Mustangs football head coach Greg Marshall: "The Vanier Cup is a great event and one of the premier athletic events in Canada. The London football community is very strong, and I believe one of the best grassroots football regions in the country. With the extensive recent upgrades to our football stadium, Western will be a great venue to host this event and ensure that it is a great experience for the participating teams."

Additional event information, including the launch of ticket sales, can be found at VanierCup.com and WesternMustangs.ca.

www.westernmustangs.ca

Officials from Western University, U SPORTS, Tourism London and the City of London were on hand when it was announced that the Vanier Cup will be coming to London for the first time.

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New season, new signings

By Dylan Baker and photo by KPH Photography

The 2022-2023 GOJHL season is fast approaching, and with that comes the need to fill a roster for the new campaign. After a successful season last year (the winningest regular season in Komoka Kings history), the team is looking to build off the momentum and ride it to even better results this coming year.

"Our main focus this offseason was to continue to add local talent to replace the players leaving, owing to various reasons (graduated, moving on to higher levels like the OHL, etc.)," said Roop Chanderdat, the Kings' president and general manager. "Specifically, we focused on the 2005-born players that can help us both this season and in future years. Our staff has seen these players over the years and feel they are not only good players but good character guys that will fit the Komoka Kings mould."

The first step in looking to create a winning roster is signing key pieces that can contribute to wins. In early June, the Kings signed several key players to join the team for the 2022-23 season. – mainly up front, but on the back end as well. Many of these players played together last year with the Elgin-Middlesex Chiefs (now Canucks) organization.

Eight of the Komoka Kings nine signings so far. Back row (L-R): Tyler Entwistle, Carter Lawrence, Codi Scott, Nick Bannister, Josh Hannivan. Front row (L-R): Justin Skirten, Jagan Chanderdat, Owen Hey (Missing is Tyler Renneboog).

Those former Canucks are: Justin Skirten (a 2005-born player who was a second-round pick in the 2022 U18 OHL Draft by the London Knights); Owen Hey (a 2005-born forward who posted 22 points in 33 games with EMC last year and played 9 games as an AP with the Kings); Codi Scott (a forward who posted 14 goals and 12 assists in 31 games with EMC); and Carter Lawrence (a defenceman who put up 12 points in 33 games on the back end).

The rest of the signings include: Nick Bannister (another 2005-born player, who posted 18 points in 30 games with the North Middlesex Stars of the PJHL, where he was named the West Yeck Division Rookie of the Year last season. He also played with the Canucks in 2019-20); Tyler Entwistle (a 2005-born defenceman who played last year with the Florida Jr. Blades and Richmond Generals in the USPHL); Tyler Renneboog (a 2003-born forward who played for the Elgin-Middlesex Canucks organization at the U18 level in 2019-2020); Jagan Chanderdat (who spent last season with the U16 Kitchener Rangers AAA team, where he was fourth in scoring and played 19 games as an AP in Komoka); and Josh Hannivan (a 2004-born goalie who backstopped the London Jr. Knights U18 AAA team last year and even got into game action with the London Knights).

With these signings, and more to come, the Kings will look to make a strong push in the 2022-2023 season.

www.komokakings.com

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Take your best shot

Contributions by Snipe Academy

Data and analytics continue to be the wave of the future in developing athletes in all sports. It's no different in hockey, and the RapidShot training system is a key tool being used to improve players' shots. It's happening at Snipe Academy, a premiere hockey training facility in London, as young players are tapping into the technology to take their game to the next level.

The RapidShot training system, which automatically passes and collects pucks, is the only professional shooting system that measures accuracy, shot speed and reaction time, and instructors and coaches at Snipe Academy are analyzing the data, incorporating video assessment, and correcting form and mechanics to maximize a player's skills – at all ages. There are eight pass speeds and intervals for all skill levels to train all types of shots (snap shot, wrist shot, backhand and one-timers).

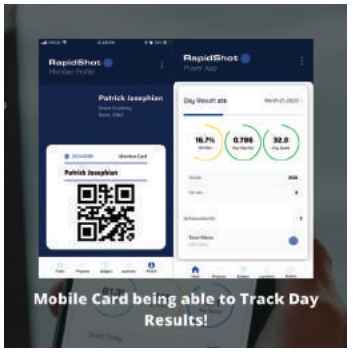
The process involved with RapidShot and Snipe instructors creates new habits – proper ones – that players take with them on the ice. And they're seeing real results. Improving the power and accuracy of a shot is no small change. It translates directly into more goals in competition.

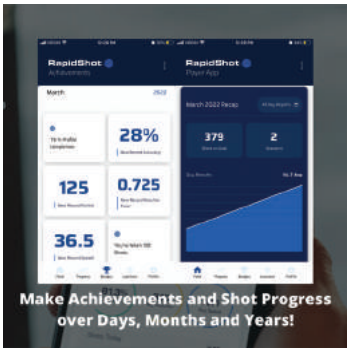
The RapidShot system is a key tool for Snipe instructors and the entire process of improving players' shots and overall skills. Besides correcting form and mechanics, Snipe coaches drill down on individual shooting aspects, including shot speed, reaction time (how quickly a player gets a shot off), and accuracy (target hit rates). The program works on one aspect per week, honing those techniques along the way. And it expands from there, challenging players as they improve on each aspect.

The feedback is crucial. Practicing bad habits leads to ingraining those bad habits. With the help of RapidShot, Snipe Academy instructors are creating proper habits for players, which will take them a long way in their hockey careers. For youngsters, seeing improvement makes a huge difference. It's not only affirming, but it's a significant motivating factor in continuing the improvement process.

Visit There are various ways to access the RapidShot system at Snipe, including by becoming a member or joining a group class. Visit www.snipeacademy.com to learn more about the technology and the ways to access it, whether through classes, rentals, one-on-one coaching sessions and more.

www.snipeacademy.com





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The RapidShot Hockey Training System is patented, featuring an automatic conveyor system that collects and passes REAL, official hockey pucks. Like a batting cage for baseball, RapidShot is becoming a fundamental hockey training and assessment tool for players and coaches and the NCAA and NHL level

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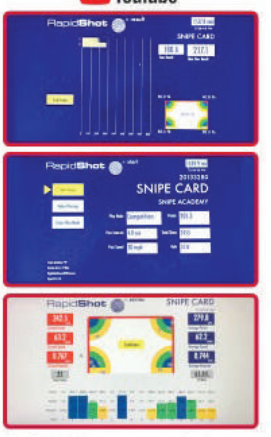


Text 519-204-7900 or email info@snipeacademy.com to book a time

With the help of Snipe Academy instructors and the use of the RapidShot hockey training system, young hockey players are honing their shots and taking their skills to the next level.

SNIPE ACADEMY of London
Komoka
Pre try out camp
25 min skills
25 min cross ice 3 on 3

Max 8 players per age group accepted

WEEK 1
Aug 22-26
10am 2014-2015
11am 2012-13
12pm 2010-11
$200 plus HST

WEEK 2
Aug 29-31
10am 2014-2015
11am 2012-13
12pm 2010-11
$150 plus HST

Email: sa.projectice@gmail.com to reserve your spot

D vs F

Defence
30 min Defence skills with Austin Osmanski
• Edges and skating
• Escape turns
• Walking the line
• Shooting

Forwards
30 min Forward skills with John Warren
• Edges and skating
• Cut backs
• Evasive manoeuvres
• Shooting

D vs F
20 min of game situation and action
1 v 1 with coaching from both sides of the puck

1pm 2012-13
2pm 2010-11
3pm 2008-09
(Note: August 10 all times are 30 min early start)

Bostwick Arena
Aug 8-11

$195 plus HST
Only 8 players accepted per position

Text 519-204-7900 or email info@snipeacademy.com to book a time

SNIPE ACADEMY of London

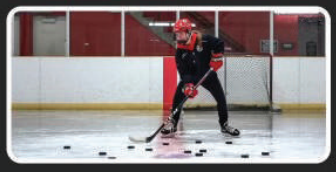
Combo Program
Bostwick Arena

25 min Power Skating
With Brennan Feasey
Or Keegan Knight

25 min Puck skills
and shooting With
Alex Turko or John Warren

July 6,13,20,
August 3 ,17

5pm 2014,15
6pm 2012,13



$185 plus HST

Max 10 players in each group
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Calendar of Events

Contact: London@SportsXpress.ca

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July 15
SPO Senior Circuit, Slo Pitch City

July 15
Summer Night 5K Walk, Run & Kiddie Trot for The Bereaved Families of Ontario, Delilah's

July 15-17
St. Thomas Minor Baseball 18U and Below Tournament, Doug Tarry Sports Complex

July 15-17
London Talons Baseball Tournament Week 2, Stronach Fields

July 16
3ICE Hockey, Budweiser Gardens

July 23
Childcan Tailgate Toss, Western Fair District

July 23
SPO Provincials, Slo Pitch City

July 25-29
Jr. Falcons Baseball Camp, Fanshawe College

July 23-24
PWC MS Bike Tours, Grand Bend to London

August 6
SPO Provincials, Slo Pitch City

August 10
London North Rotary Golf Tournament, Pine Knot Golf Course

August 12
SPO Provincials, Slo Pitch City

August 12
Best Ball Open 2022, Iron Creek Country Club

August 12
Reach The Beach, GT's in Port Stanley

August 16
Merrymount Golf Classic, Firerock Golf Club

August 19
SPO Provincials, Slo Pitch City

August 20
Mike Ikeno Memorial Golf Tournament, Echo Valley Golf Club

August 21
WWE Sunday Stunner, Budweiser Gardens

August 22-24
Grand Bend Festival of Speed, Grand Bend Motorplex

August 26
SPO Senior Circuit, Slo Pitch City

August 27
Jordan's Run The Runway, London Airport-Diamond Aricraft

August 27
Guelph Gryphons vs Western Mustangs, Western Alumni Stadium

August 27
SPO Super Series, Slo Pitch City

September 9
SPO Provincials, Slo Pitch City

September 10
Queens Golden Gaels Vs Western Mustangs, Western Alumni Stadium

September 9-11
Sky Drive, London International Airport

September 12
Hutton House's 26th Annual Charity Golf Classic, West Haven Golf and Country Club

September 12
King's Golf Classic, Highland Country Club

September 12
LMPA Charity Golf Tournament, Firerock Golf Club

September 13-17
Nash Cup-Professional Squash Tournament, London Squash Club

September 14-15
Ontario Public Golf Championship, Tarandowah Golf Club

September 16
LEM Crime Stoppers Annual Charity Golf Tournament, Pine Knot Golf Course

September 18
Optimist Club of Oakridge Acres Charity Golf Tournament, Fire Rock Golf Club

September 18
Terry Fox Run, Springbank Gardens

September 18
Team Sunshine at Forest City Road Races, Victoria Park

September 17
Wedges and woods for Wellness Golf Tournament, Echo Valley Golf Club

September 24
Waterloo Warriers vs Western Mustangs, Western Alumni Stadium

September 25
Railway City Road Races, Elgin County Railway Museum

September 25
Seize the Day 5K Run/2.5K Walk, Graham Family Eco Park

September 30
London Knights Home Opener vs Owen Sound Attack, Budweiser Gardens

September 30
Prospect Series Finals, Western Fair Raceway

October 2
Springbank Road Race, Springbank

Goaltending School is in!

Contributions by The Hockey Studio

Learning doesn't stop at The Hockey Studio, and this summer goaltenders have plenty of opportunities to improve their skills and take their game to the next level.

'Less goalies = more personal attention' is the mantra at the Billingsley Goaltending program at The Hockey School, and it's worked for many youngsters to hone their skills.

"We unlock a goalie's true potential and allow them to be the best house league, AAA, Junior or professional goaltender they can be," says Chris Billingsley, the head instructor at Billingsley Goaltending. "The Hockey Studio uses REAL ice for all of our classes and training to ensure that each player gets a true ice hockey experience they can use as soon as they enter a game."

The options are plentiful for goaltenders – at all levels – to improve their game at Billingsley Goaltending. There's 'Beginner Goaltending,' which teaches the fundamentals (stance and positioning) to new goalies – and then teach goalies how to move like 'true' goalies. 'Movement & Stickhandling' sessions teach the technical aspects of moving around the crease and outside the net. Goalies learn how to handle the puck and develop the strength and skills needed to play the puck.

Billingsley Goaltending also offers 1-on-1 and 2-on-1 Private Training sessions to goaltenders, which allows for as much attention (and reps) as possible in a goalie's quest to get better.

And then there's the Billingsley Summer Camp, which is happening this July and August. Offered as weekly camps, each session covers a different aspect of goaltending, Monday thru Friday. What do the camps include?

- 1 hour of Goaltender Power Skating and Puck handling.
- 1 hour of Hand-Eye/Reaction Training/VR and Video Review (tech talk, analysis, the mental game/mindset and interviews with NHL goalies).
- 1 hour of Dryland Training (agility, flexibility, core work and lateral strength).
- 1 hour On-Ice training session

www.thehockeystudio.com

Young goaltenders are learning the tricks of the trade at Billingsley Goaltending, which offers several programs to improve one's game – including the Billingsley Summer Camp.

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- **BEGINNER GOALTENDING**
- **MOVEMENT AND PUCK HANDLING CLASSES**
- **REPs (Lots of reps!)**
- **SEMI PRIVATE GOALIE TRAINING;**
- **2 GOALIES EACH IN THEIR OWN NET**
- **3 GOALIES EACH IN THEIR OWN NET**
- **PRIVATE 1on1 Lessons.**

Visit www.thehockeystudio.com for more info or to register.

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Upcoming Programs 2022-2023

PD Day Camps

October 24, 2022
November 18, 2022
May 19, 2023
June 2, 2023

Fall Programs

Registration Opens
August 8, 2022

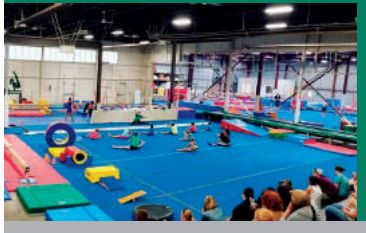
- Parent & Tot Age 18mths-2yrs
- Kindergym Age 3-4 yrs
- Novice Age 5-14
- Trampoline & Tumbling Age 8-14
- Adult Age 16+
- Competitive Boys & Girls Age 5+

March Break Camp

March 13-17, 2023

Birthday Parties

Parties run from September to June on Saturdays and Sundays
Our birthday parties fill quickly so give us a call today to book!



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